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ABSTRACT

This guide, prepared by the United States Navy Recruit Training Command, was designed to address the differential training needs of male and female recruits in the area of personal security, i.e., rape awareness/prevention. In section I, the role of the Recruit Training Command is noted, and information on the incidence of sexual assault is provided. The purpose, approach, and organization of the report are described. A summary of rape awareness/prevention educational programs within all branches of military services (Navy, Army, Marine Corps, Air Force, and Coast Guard) is presented in section II, along with the recommendation and rationale for teaching rape awareness/prevention. Characteristics of the lesson topic guide are given, and a bibliography is provided. The format for the lesson plan for rape awareness consists of definitions of terms and objectives, and suggestions for the instructor, including alloted time and training aids, and 11 transparancy sheets to accompany the lesson. Topics covered in the lesson include terminology, information on the rapist and the victim, the psychological aspects of rape, myths and attitudes about rape, preventive measures, actions if attacked, and actions after rape. A glossary of civil-military terms, and originals for the lesson transparancies complete the guide. (MCF)

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Technical Note 1-84 March 1984

PROPOSED RECRUIT TRAINING TOPIC: RAPE AWARENESS

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SECTION I

INTRODUCTION

The Recruit Training Command (RTC) Orlando is the only Navy command which trains both male and female recruits. Recent feedback to the RTC alleged that a double standard in the military training of male and female recruits resulted in notable differences between male and female military performance upon reaching the first fleet assignments. As a result, the Commanding Officer of RTC Orlando[1] requested the Training Analysis and Evaluation Group (TAEG) to examine the alleged differences between the training of male and female recruits and to identify any aspects of the training which may differentially affect their performance in the fleet. This task was undertaken by TAEG under the cognizance and in support of the Chief of Naval Education and Training's (CNET) continuing program to optimize Navy initial entry training.

From the curriculum review undertaken by TAEG in the aforementioned study to identify differences in male/female training, it became apparent that Navy recruit training, in an effort to make recruit training "equal," fails to include some topics uniquely related to female health, grooming, and personal security. This technical note addresses one aspect of personal security, specifically, rape awareness/prevention. This topic is notable because of its absence from the recruit training curriculum.

Sexual assault is a prevalent and fast growing crime in the United States. While not limited to females, it is more frequently perpetrated against females than males. Law enforcement agencies estimate that a female in the United States, regardless of age, race or economic level, runs a 1 in 10 risk of becoming a victim of sexual assault. In some communities with large transient populations (e.g., college and university towns), the chances increase to 1 in 3.[2]

Federal Bureau of Investigation (FBI) statistics for 1972-1981 indicate forcible rape is the fastest growing crime in the United States. On the average, a reported rape occurs every 6 minutes. Yet, rape is the most underreported of all the crimes monitored by the FBI. It is estimated that only one-tenth of the rapes that occur are actually reported.[3]

Military communities are similar to civilian communities in many respects including the potential for rape. There are over 150,000 women in the combined military services, more than 47,000 women active duty personnel in the Navy and Marine Corps. They comprise 7.4 percent of the armed forces personnel, 7.7 percent of Naval personnel, and 3.5 percent of Marine

[1]CO, RTC Orlando ltr Code 50 of 24 March 1982

[2]Orange County Sheriff, Victim Advocate Office, Orange County, Florida, unpublished data

[3]Federal Bureau of Investigation, Uniform Crime Reports for the United States, 1981. U.S. Department of Justice

personnel. Because of career demands, many women military personnel lead lives that involve traveling, working at night, and other activities that make them vulnerable to sexual assault.

The armed services traditionally have not disseminated statistics on the number of active duty personnel involved in rape/sexual assault. However, there are a few statistics available. For example, the U.S. Army reported that in the third quarter of 1983, the number of confirmed cases of aggravated assault including rape had increased to 1.19 percent per 1,000 active duty personnel. Rape, the third most reported type of assault, comprised 15 percent of all reported aggravated assault cases, a ranking that has remained constant since 1978 (Hirst, 1984).

Similar statistics are not available for the Navy. However, the Family Support Programs (Chief of Naval Operations (OP-156)) estimates, based on Uniform Crime Statistics, that 289,000 service members (54 percent) will be affected by rape/sexual assault either as a victim or as the spouse or parent of a victim (Family Advocacy Program Workshop, 1983).

Military bases provide certain measures of security; e.g., limited access to the base, restricted housing areas, and roving patrols. However, these very measures can lull female military personnel into a false sense of security. Threats to personal security exist everywhere and the individual must be prepared to confront these threats. Consequently, there exists a need for instruction which will develop an awareness of the potential threat and provide some guidance for preparing personnel to minimize personal risks.

PURPOSE

This report presents a proposed lesson guide on rape awareness/prevention for use in Navy recruit and/or follow-on commands.

APPROACH

Initially the focus was to identify specific concerns of fleet and follow-on training personnel which resulted in the perception of differences in male and female recruit training. This was accomplished by interviewing 127 supervisory personnel assigned to 18 naval fleet and shore activities typical of those receiving newly graduated enlisted personnel to determine their perceived problems and concerns. The recruit training curriculum was then examined to determine the extent and manner that the concerns were addressed. This examination of the recruit training curriculum resulted in identifying topics unique to female personal security, specifically rape awareness/prevention, which was not addressed in the recruit training curriculum.

ORGANIZATION OF REPORT

In addition to the introduction, this technical note contains one other section, a bibliography, and an appendix. The second section summarizes the TAEG findings on Navy educational programs on rape awareness/prevention, the

educational programs of the other services, and the educational programs of civilian organizations. Recommendations and a rationale for the proposed lesson topic guide development are also given. The appendix contains the proposed lesson guide on rape awareness/prevention.

SECTION II

SURVEY OF EDUCATIONAL PROGRAMS AND DESCRIPTION OF LESSON DEVELOPMENT

This section provides a summary of the educational programs on the topic of rape awareness/prevention of the United States Navy, the other services, and comparable civilian environments. A brief description of the procedures used to develop the proposed lesson topic on rape awareness/prevention is also given.

UNITED STATES NAVY

Recruit Training Command (RTC). The RTC does not provide any information on rape awareness/prevention as part of the recruit training program. Some company commanders may warn recruits, particularly those going on first liberty, but the topic is not included in a structured lesson plan.

Follow-on Training/Fleet Assignments. Some follow-on commands do provide instructional presentations on rape awareness/prevention. In these instances, the command develops the presentation or utilizes available community resources. Consequently, these presentations are not standardized. For example, the Service School Command (SSC) Orlando routinely schedules rape awareness/prevention classes for its students, both male and female, in addition to the technical training curriculas. The presentations are given by the Orange County (Florida) Sheriff's Department Victim Advocates. This program takes approximately 1 hour and stresses the potential threat to personal security as well as common sense precautionary measures that may lessen the risk of becoming a victim.

Naval Medical Command (NAVMEDCOM). The NAVMEDCOM has established as part of its medical-social services a specific program at all major Naval and Marine Corps Medical and/or Family Service Centers for active duty personnel and their families. This program, the Family Advocacy Program (FAP), which was established in 1979 by Bureau of Medicine and Surgery (BUMED) Instruction 6320.57, provided guidelines for intervention treatment of victims of sexual assault, rape, and neglect. The BUMED instruction was further broadened to encompass a more proactive role in the development of educational preventive programs. Medical Centers were mandated to work with individual Naval and Marine Corps activities in developing these programs. The Family Service Centers were also to provide services supportive of the MEDCOM responsibilities.

In January 1984, SECNAV Instruction 1752.3 expanded the scope of the FAP by requiring command responsibility throughout the Department of the Navy in conjunction with existing MEDCOM responsibilities. The SECNAV instruction is unique in that it requires base/station-wide cooperative efforts among a variety of activities and agencies in the prevention, evaluation, identification, intervention, treatment, and follow-up reporting of sexual assault/rape, child and spouse abuse cases. Further supplemental instructions which support the SECNAV instruction will be forthcoming.

The FAP at the Naval Hospital, Orlando, is composed of three committees: Sexual Assault/Rape, Spouse Abuse, and Child Abuse. Each committee is charged with monitoring victim treatment, the incidences which involve active duty personnel and/or their families and working with other commands in developing educational/preventive programs. While FAP at other commands may not have the same organizational structure as Orlando, all FAPs have the same responsibilities. The FAP does have standardized training materials for personnel working with these programs.

UNITED STATES ARMY

The Army initial entry training program of instruction presents a 1-hour training class during basic (recruit) training. It is a structured lesson prepared by the U.S. Army Chemical and Military Police Centers, Fort McClellan, Alabama. The presentation is given to both male and female recruits. However, the presentation to females is more detailed because of increased emphasis on self-defense and what to do if you are a victim.

UNITED STATES MARINE CORPS

The Woman Recruit Training Command, the Marine Corps Recruit Depot, Parris Island, South Carolina, does not currently address the topic in its recruit curriculum. The Command is, however, considering implementing rape prevention/awareness as a topic in the Woman Marines' program of instruction.

UNITED STATES AIR FORCE

The Basic Military Training School, Lackland Air Force Base, Texas, a single-site recruit training program for all enlisted personnel, includes rape awareness/prevention under the sex education topic in the Study Guide Basic Military Training used by all recruits. The initial entry training program is supplemented by this programmed text study guide.

UNITED STATES COAST GUARD

The Coast Guard Training Center, Cape May, New Jersey, does not include rape awareness/prevention as an individual lesson topic. However, the topic is addressed in the sex education class. Both males and females are presented the same curriculum, however, the sexes are separated for the two classes scheduled on the topic of sex education. The Coast Guard is considering implementing a separate presentation on sexual assault.

CIVILIAN ENVIRONMENTS

Most colleges and universities experience incidents of rape.[4] In cases where such incidents have occurred, the school administrators have found that educational programs increased student awareness of potential threats to personal security. School administrators, recognizing that young adults

[4]Ibid

particularly those in the 16-25 age group are more likely to be victims, have sponsored intensive educational, informational programs. Posted informational signs, campus escort services, and educational classes which emphasize precautionary procedures to lessen the risk are examples of the methods used to build student awareness of the potential threats to personal security.

RECOMMENDATION

Rape is a potential threat to personal security that does exist. Women, particularly those 16-25 years of age, comprise the highest risk group. While military bases do provide some measure of security, many personnel are unaware of the risks that exist or of ways to minimize personal danger. Therefore, it is recommended that the topic of rape awareness/prevention be implemented in the training of newly enlisted male and female personnel.

The topic of rape has intense psychological implications. Presenters must have the professional training and expertise to present the topic in a sensitive and seemly manner. They must also be prepared to advise and/or direct to appropriate counseling sources, individuals who have been prior victims of sexual assault and/or incest who have not resolved the psychological conflicts arising from such incidents. The Family Service Center, NTC Orlando, and the Naval Hospital have provisions for providing the trained personnel necessary and have expressed verbally a desire to work with the RTC in implementing the instructional program on rape awareness/prevention.

LESSON TOPIC DEVELOPMENT

A proposed lesson topic guide on rape awareness/prevention has been developed. The proposed lesson defines the potential risk, the potential victim, and the characteristics of the assailants. The lesson stresses precautionary actions which may minimize personal risks.

The lesson guide was developed after reviewing a number of resources. The lesson was adapted from the lesson plan developed by the U.S. Army Chemical and Military Police Centers at Fort McClellan. Some topics (i.e., singles bar environments and gang rape) address situations not in the Army materials. The lesson guide provides terminology and definitions of both civilian legal statutes and the Uniform Code of Military Justice (UCMJ). The UCMJ, which applies to all military personnel, uses the more traditional legal terminology which does differ from civilian terminology. Both are provided for instructor reference. The lesson topic includes materia. designed to build awareness without emphasizing the details which may needlessly cause anxiety; however, notes to the instructor do contain the more detailed references if it is needed for clarification.

The proposed lesson topic is compatible with the standardized materials and procedures developed by the Naval Military Personnel Command (NMPC) for counselor and medical personnel training. The appendix contains the proposed lesson guide. A glossary of military/civilian legal terms for instructor reference is also provided.

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APPENDIX

LESSON PLAN FOR RAPE PREVENTION

Technical Note 1-84

LESSON TOPIC:

RAPE AWARENESS/PREVENTION

TIME: 1 and one-half hours

TERMINAL OBJECTIVE:

Supported entirely by this lesson topic, the student will identify rape as a potential threat to personal safety, identify the misconceptions about rape, define the legal aspects of rape, identify ways to lessen personal risk and methods to use if self or friend is a victim.

TRAINING AIDS:

1. Film projector and screen
2. Film: Rape: A Preventative Inquiry, 345-10 DN

NOTE: Presentation of this material may elicit responses from an individual who has been a victim of rape and/or incest. He/she may want to discuss his/her feelings and thoughts. Before presenting the materials, the instructor should be aware of local resources where these individuals may be referred for appropriate counseling; e.g., usually the base Family Service Center or the Medical Facility. It is extremely important that this topic be covered in a manner that is sensitive to individual concerns.

OUTLINE OF INSTRUCTION — INSTRUCTOR ACTIVITY

I. INTRODUCTION

A. ESTABLISH CONTACT — INTRODUCE SELF AND TOPIC (Rape Awareness/Prevention)

This class is designed to make Navy personnel, both men and women, aware of (1) what the threat means to individuals, (2) some misconceptions about rape, (3) the legal ramifications of rape, and (4) what avenues are open if they or someone they know are raped.

B. ESTABLISH READINESS — MOTIVATE STUDENTS

Rape can occur on or off a military base. Very few rape victims thought it would happen to them but it did, and it can happen to you if you aren't aware of the threat and actively work against it. This makes you the most important person in rape prevention.

C. ESTABLISH EFFECT

1. Rape is the fastest rising violent crime in our society today. It is estimated that for every reported rape there may be as many as 10 unreported.

2. The most dangerous aspect of this crime is that this crime can happen to <u>anyone</u>. It doesn't matter to the rapist what age, sex, or color the victim is; in fact, rape victims have ranged from a 2 month old baby to a 98 year old grandmother. Therefore, every person in this room is a potential rape victim.

D. OVERVIEW — SHOW TRANSPARENCY #1

The information presented in this class is going to cover the :

. definition of:

.. rape
.. statutory rape
.. carnal knowledge
.. sodomy

- psychological aspects of rape
- myths and attitudes about rape
- preventive measures while:
  - .. in living area
  - .. in vehicle
  - .. walking on public streets
- measures to employ if the victim of a sexual assault/rape
- measures to employ if the victim of attempted rape
- measures to employ if the friend or relative of a sexual assault/rape victim.

So, at the end of this class you will have a better understanding of rape, rape prevention, and the effects of rape.

This class will make you aware of the legal ramifications of rape, what this threat means to you, some of the misconceptions about rape, and what avenues are open to you if you are or someone you know is raped.

E. ENABLING OBJECTIVES

Upon completing this lesson, the student will:

STATE ENABLING OBJECTIVES, CLASS POLICY FOR QUESTIONS, TAKING NOTES AND HEAD CALLS. STRESS NEED FOR PAYING ATTENTION.

- describe the characteristics of the victim and the rapist
- describe the misconceptions about rape
- define the legal terms associated with rape
- list the precautionary methods to lessen individual risk
- list the procedures to follow if self or friend is a victim.

II. PRESENTATION

A. Definition of Terms:

1. Civilian Definition. Rape is forced sexual intercourse. It is a criminal offense, so, like other criminal offenses, such as murder, it is an offense against the state. Therefore, the government, usually a district attorney, handles the victim's case in court.

NOTE: The traditional definition of rape is the unlawful and forced carnal knowledge of a woman by a man not her husband. However, rape has several civilian definitions that vary from this basic one. The broader term "sexual battery" which by definition includes all types of forced sexual activity is used in many civilian legal statutes. Under sexual battery definitions, a man could be convicted of assaulting his wife or a female could be convicted of assaulting a male. Legal definitions of consent also vary widely.

2. Statutory Rape. Forced sexual intercourse when the victim is unable, because of age or mental inability, to consent.

The information on the Uniform Code of Military Justice (UCMJ) is given because all active duty personnel are subject to compliance with its provisions. Active duty personnel accused of rape or sexual assault may be prosecuted by local or state laws. However, they are always subject to the UCMJ and on foreign bases would be charged and prosecuted under provisions of the Code.

3. Military Definition of Rape and Carnal Knowledge:

a. Article 120. Rape and Carnal Knowledge (UCMJ):

(1) Any person subject to this chapter who commits an act of sexual intercourse with a female not his wife, by force and without her consent, is guilty of rape and shall be punished by death or such other punishment as a court-martial may direct.

(2) Any person subject to this chapter who, under circumstances not amounting to rape, commits an act of sexual intercourse with a female not his wife who has not attained the age of 16 years is guilty of carnal knowledge and shall be punished as a court-martial may direct.

(3) Explanation. This article deals with rape in which a male has forced a female not his wife, and 15 years old or older, to have sexual intercourse with him. The accused would be guilty of carnal knowledge if he has sexual intercourse with a female who is younger than 16. In the civilian courts, this is called statutory rape.

b. Article 125. Sodomy (UCMJ):

(1) Any person subject to this chapter who engages in unnatural carnal copulation with another person of the same or opposite sex or with an animal is guilty of sodomy.

(2) Any person found guilty of sodomy shall be punished as a court-martial may direct.

(3) If the rape involved forcible, unnatural intercourse the accused faces charges of forcible sodomy. A man can be accused of both rape and forcible sodomy. Homosexual rapes or rape of a male by a female also would be processed in the military under a charge of sodomy.

COMMENT: If you are assaulted with the intent to commit rape or sodomy, or indecent assault is committed, then the assailant may be punished under article 134, general article.

c. Article 134. General Article. Though not specifically mentioned in this chapter, all disorders and neglects to the prejudice of

good order and discipline in the Armed Forces, all conduct of a nature to bring discredit upon the Armed Forces, and crimes and offenses not capital, or which persons subject to this chapter may be guilty, shall be taken cognizance of by a general, special, or summary court-martial, according to the nature and degree of the offense, and shall be punished at the discretion of that court.

B. Psychological Aspects of Rape:

1. A Crime of Violence: SHOW TRANSPARENCY #2

a. Rape is a crime of violence. It is a crime where sex is used to hurt or humiliate the victim. To think of rape in the context of sex where both partners consent and find satisfaction is wrong. Rape is a crime of violence against another person. The victim does not consent nor find satisfaction. When rape is regarded as a violent crime like other violent crimes, such as burglary or robbery, the victim will be better understood.

b. Another comparison with violent crimes shows that rape is not only extremely difficult to prosecute, but that it is the most psychologically damaging to the victim of the violent crimes. Any violent crime leaves its victims with a sense of inability to control their lives. They temporarily lose their sense of autonomy. In burglary, a person is victimized because his/her possessions are taken. In robbery, property is taken, and the victim can sustain a face-to-face assault. In rape, however, not only is the person's sense of self assaulted, but the victim's body is entered and violated, inducing intense humiliation and trauma. The distress can manifest itself in hysteria or shock. Unlike the victim of burglary or robbery, the victim of rape is often denied the sympathy of society. Her feelings of violation are often met with skepticism by police, medical people, and the legal system.

2. The Victim: Effects of rape on the victim are long-lasting. The victim initially feels guilt, vulnerability, a sense of loss of control of her life, and acute embarrassment. The victim may experience a distrust of male-female relationships. Many cannot perform simple daily tasks for a time. Therapy is often needed to help the victim cope. In the military, aid can come from the chaplains on base or counselors within the Navy Family Advocacy Programs (BUMEDINST 6320.57) or the base medical facility.

3. The Rapist: SHOW TRANSPARENCY #3

a. Considering that rape is an act of violence most often committed by men against women, it should be asked how rapists define women. As with other men who inflict injury or violence on a particular group of people different from them, rapists do not like or respect women but regard them as an object, something inferior to them. Most rapists regard sex as humiliating and degrading to women.

The rapist is an unstable individual using the act of sex to vent his aggression, hostility, frustration, and insecurity. He

wants to hurt and degrade. He may appear normal in every way except for his intent to rape. It is the use of force, not the act of sex, that seems to relieve the tension and satisfy him.

Rapists have been classified by types that range from borderline mental instability to the extreme sociopaths. Under most circumstances, you wouldn't be able to spot a rapist in a crowd, he looks and acts perfectly normal. But he is an emotionally unstable individual with difficulty in relating to other people.

b. The rapist may be someone known by the victim as a friend, a relative, a coworker, a date or a casual acquaintance. He may be a husband, a father, a person considered a viable member of the community, trusted and respected. He manipulates the situation so that if the victim cries rape, she probably won't be believed--a date, a ride home, letting him into her apartment, a friend of a friend. He doesn't hate women, he simply doesn't see them as people.

NOTE: Optional film, "Rape, a Preventative Inquiry" may be shown at this time. Film is a 17-minute presentation on the psychological aspects of rape. Copies have been distributed to limited naval facilities, or contact the Naval Photographic Center (FD), autovon 288-4167. An instructor guide is available with the film. Local police or crime prevention programs may also have copies of the film available for use.

C. Myths and Attitudes About Rape:

1. Myths: SHOW TRANSPARENCY #4

a. Act of Sex. Rape is not making love, but is an act of violence in which a sex act is used by the rapist to hurt and humiliate the victim.

b. Impulsive Act. The myth of rape as an impulsive act by a male uncontrollably excited by a woman is built out of the idea of rape as a sex act. Most rapists plan the rape. The victim is in the wrong place at the wrong time.

c. Clothing. The clothes a woman wears has little impact on the rapist even when the clothes may be considered by some to be "provocative." A rapist looks for a vulnerable, passive victim without regard to the "provocativeness" of her attire.

d. Brutality and Rape. In the past, a woman had to prove she had been beaten into submission in order to validate her claim of being raped. The old myth still persists that a woman cannot be raped if she really fights it. Although brutality can be a part of rape, coercion and fear are the factors that play in rape. The difference in conditioning of men and women in our society is often not considered. The presence of a weapon, the threat of death, and just the intimidation of a person who has

been conditioned to believe she is weaker than the male and who has probably never been in a physical fight or wrestled, as boys have, are all factors that can terrify a woman into becoming a victim of rape.

e. Most Rapists Are Strangers to the Victim:

(1) Most rape victims know the rapist, and it is believed most rapes that go unreported are of this nature. These rapes are especially hard to prosecute, and the victim realizes that the validity of her rape accusation, when she knew the rapist, will be questioned. Sometimes the acquaintance will be a casual one, in which the woman becomes just trusting enough to allow the man into her apartment to "use the phone," or "get a drink of water." It may be a man met at a party or a bar.

(2) It is, therefore, very important to be aware of this fact and to always be cautious of making yourself vulnerable to rape attack by the casual acquaintance.

2. Attitudes:

a. In examining attitudes about rape, we should ask some questions. Why do myths persist about this crime? Why is the concept of consent peculiar to the rape law? Why do we believe that nice women aren't raped? Why, when other violent crimes seem to be decreasing, are rape and assault increasing? And why are so few rapes reported?

b. In our society, men and women are each reared to conform to society's definition of them. The male stereotype involves an aggressive, powerful, strong person who is the initiator in most situations, including sex. A man who "knows what he wants and takes it" is admired. The stereotype of women involves a passive, weak acceptor, and the acceptor of sex, not the initiator. The male asks for a date and is taught that women say no when they mean yes. Movies are full of scenes in which the woman resists and is subdued by the man, and in the movie world, a world which reflects and reinforces our views, it's never rape, it's love. It's no wonder, then, in view of all this, that rape is such a complex and emotional subject.

D. Preventive Measures:

NOTE: Stress to males that this important information should be passed on to wives, sisters, or mothers living alone.

SHOW TRANSPARENCY #5

1. Living Area. Many rapists watch a living area where they know a woman is living alone. A rapist wants a secluded, private area in which to rape, and what better place than the victim's own residence? The rapist looks for an easy victim--the careless person who is an accessible target. These are some of the measures to employ to avoid being that target:

SHOW TRANSPARENCY #6

a. Always lock all doors. If living off a military base, it's a good idea to have locks rekeyed if it is permissible where you live. Dead bolt locks are very safe, if installed correctly. Don't rely on a chain lock; it is not a security device and it can be easily broken. You should also have a peephole at all outside doors. But no lock can protect you if you don't use it, and if someone observing your living area and noting your habits knows that you don't lock your doors, you could become a victim of rape.

b. Windows should be closed and locked at all times. Sometimes, though, you have to open windows. If windows are opened, two measures must be followed:

(1) They should be opened only a few inches, so that someone cannot enter and

(2) They should be locked in the open position so that they cannot be opened farther.

c. Never give out any personal information on the phone to a stranger, especially anything to indicate that you live alone or are alone at the time of the call.

d. A ground-floor apartment is not as secure as an upper floor apartment.

e. Many rapes occur in laundry rooms. When you do your laundry, get in and out of the room as quickly as possible, and don't forget your keys.

f. Never get on an elevator if there is only a man or a group of men on it. Anytime you get on an elevator, stand near the control panel. If a man makes a threatening move toward you, press the emergency button; this will set off an alarm which can be heard throughout the building. Also, press as many other buttons as you can to get the door open.

g. If you return to your living area and find any evidence it has been entered while you were gone, such as doors ajar, windows opened, furniture or articles moved about, you should:

(1) Leave the area immediately. Do not go into the living area.

(2) Go to a trusted neighbor or a pay phone and call the base security or military police if on base and civilian police if off base.

h. If you are in your living area, and you believe someone has entered, call the police if you can get to your phone (it is

a good idea to have a phone next to your bed) and then, if possible, leave through a window.

i. You should be very careful about whom you let into your quarters. A caller should identify himself to your satisfaction before you even consider opening the door. You should never indicate that you are alone. Always ask for printed identification. Use a chain bolt lock when checking identification. If the caller is a serviceman, and you have not called for a serviceman, call the company to make sure he is supposed to be there. If the caller states there is an emergency and wants to use the phone, offer to make the call for him. Do not let him in. One rapist told the woman that her car had just been hit. When she opened the door, he forced her back into her residence and raped her. Many rapists are also casual acquaintances or a neighbor.

SHOW TRANSPARENCY #7

j. Leave two lights on at night, each in a different area, to give the idea that you are not alone.

k. Leave shades drawn. Do not have see-through shades.

l. Do not hide a key close to your living area. No matter how clever the hiding place, you could be seen retrieving or returning it.

m. Do not leave underwear or bathing suits out on a line, balcony or clothes rack at night.

2. Vehicle: SHOW TRANSPARENCY #8

a. Keep your car in good running order, and always have enough gasoline to avoid an emergency stop.

b. Park as near to your destination as possible. Always roll windows up and lock your car.

c. When returning to your car, have keys ready. Rapists have sometimes hidden in the back seat area of a vehicle, so always look there before you get into the car. As soon as you enter the car, ensure that all doors are locked and windows are rolled up. If windows must be lowered, lower them slightly.

d. In the event of an emergency on the highway, raise the hood and/or tie a scarf on the radio antenna or door handle. Close and lock doors and wait for police. Should someone offer to assist, slip the trunk key through a one-inch opening in the window (provided the trunk key is different from the door key). Threatened by another driver, get his license plate number and his physical description.

e. If you believe you are being followed, make sure the car doors are locked and windows rolled up. Pull to the side to enable the car

to pass. If the car does not pass, drive to the nearest police station. Do not drive to your quarters.

f. If you think you have been followed to your quarters, stay in the car with the doors locked and the windows up. Sound your horn to get a neighbor's attention or cause the follower to leave. If he doesn't leave, drive to the nearest police station.

g. Never pull to the curb to give information to a pedestrian. Rapists have also used this ploy to gain entrance to the vehicle.

3. Walking on a Public Street:

a. If possible, do not walk alone, and avoid areas that are known to be dangerous.

b. Never hitchhike. Never accept a ride from a stranger or a casual male acquaintance. This includes males in uniform on or off a military base.

c. Never be in a situation where you do not have enough money to call a taxi to get back to your quarters. On some military bases you can call a military taxi, which will cost nothing. You should know if this service is available on your base. Use it, if necessary. If you are in a dangerous situation while alone on a base, call the military police or base security; off base--civilian police.

d. If you think you are being followed by someone in a car, turn and run in the opposite direction the car is traveling. Stay far enough from the car so that you can't be pulled in. The driver will have to turn around and drive on the other side of the street to follow you. If a driver pulls to the curb to ask you for directions, especially one or more males, stay away from the car, turn and run in the opposite direction.

e. Dress in practical clothes so that you can run or fight if you have to. Studies have shown many possible rapes were avoided because the victim could flee.

f. A rapist looks for a victim who is vulnerable. Don't give this impression when you are walking. Keys can be held between your fingers, with your hands clenched in a fist. You would strike down with the keys, so that the keys are supported against each finger, not the knuckles.

NOTE: DEMONSTRATE THIS.

Many anti-rape programs stress that the objects you carry with you, such as keys, a nail file, or a rat-tail comb, can be used as weapons. But, if attacked, you won't have time to get them out of a pocket or purse. Have them in your hand and ready as you are walking.

g. If you think you're being followed by a pedestrian, cross the street and run to a well-lighted, populated area.

h. Approximately 10 percent of all rape incidents are gang rapes. If you are alone, try to single out the leader. Convince him that he should not share you with all the others. Try and get him alone away from the others. Once you are alone with him, use your imagination to stop the attack. Remember as the number of assailants increases, so does the amount of violence and perversion. If you are in a situation where your boyfriend or date gets into a fight, don't hang around. Run for your life; get help as quickly as possible.

E. If attacked:

NOTE: (1) It should be made clear to the students that there is no conclusive evidence showing any one method of stopping a rape attempt is better than any other. In fact, controversy exists about resisting, and if the woman resists, whether to talk or fight.

SHOW TRANSPARENCY #9

(2) The national survey on rape conducted by the national institute of law enforcement and criminal justice found that, of reported rapes, a victim who resists is more likely to be injured than one who does not resist. This does not take into account, however, the small percentage of rapes that are reported, or the unsuccessful rape attempts that go unreported.

(3) Resisting takes the form of trying to talk the rapist out of the rape or fighting. Unless a class has time--weeks or months--most rape prevention programs do not stress specific fighting tactics to use against a rapist. The martial arts are of little value unless a person practices them long enough and often enough to become proficient.

(4) Although controversy exists in this area, there are some constants. The most important absolute in reaction to an attack is to not panic, to do something. Therefore, because most women will not know what to do, both psychological and physical alternatives will be presented, along with some advantages and disadvantages of each. These are alternatives in reacting that could, at the very least, keep the woman from panicking and, hopefully, stop the rape attempt and allow her to escape.

1. Do not Panic. You cannot afford to panic. If you allow yourself to become terrified, you have lost all possible control and chance of escape. Breathing deeply and slowly can help to keep you calm.

2. How to Resist. If you resist and fail, you could be injured. If you resist and succeed, you can escape. Resistance involves trying to talk the attacker out of the rape and then escaping, or fighting with him to disable him and escaping. Your main objective at this point is escape. Whether to talk or fight can depend on several factors. How large or strong

is the man compared to you? Where are you--on a street or in your apartment? Your chance of escape may be easier on a street; so, disabling the assailant and running may be the best alternative. Do you know the assailant, and if so, what personality characteristics about him can you use to escape? Does he have a weapon? If so, fighting would probably be useless. If there is more than one assailant, it would be almost useless to fight. Remember, most rapists want to dominate, do not respect women, and consider sex humiliating to them.

a. Talking. Talking to the rapist has several advantages. It buys you time. It gives you clues to his personality weaknesses. It may put him off guard long enough for you to escape. You could tell the rapist you are pregnant, have VD, are extremely ill--trying to get his sympathy. You could suggest another location and try to get to a well-lighted and more populated area. Remember, the rapist thinks of you as an object. Try to get him to think of you as a person. Try to get his sympathy so that he will be less likely to want to beat or kill you.

b. Surprise. Surprise is one of your greatest advantages. This is why a woman walking alone should have a plan of action if attacked. Surprise can take many forms--go limp, sink to the ground and eat grass, hide your face and stick your finger down your throat causing yourself to vomit, make yourself belch, urinate on your attacker. Act like you're responding to your attacker (start to unbutton your blouse, etc.) until you can find a way to react safely. Doing something that the rapist doesn't expect may stop or delay him because he wants to be in control. Do the unexpected convincingly; you must be believable.

c. React immediately. Your best chance is to react as soon as you are attacked.

d. Physical Resistance:

(1) Most women are not accustomed to physically fighting or wrestling. While men are raised to be physically aggressive, most women cannot make a fist or hit someone. They have been conditioned against it. Faced with a situation where they are physically attacked, naturally, they panic and are victimized, sometimes killed.

(2) If you fight, you must be willing and able to inflict serious injury. If your attacker has a weapon, ALWAYS assume he will use it. Your risk of receiving serious injury from the attacker is greatly increased if you fight back.

If you physically resist, you must use surprise and speed. And you must be willing to inflict as much damage as possible because if he isn't incapacitated, you are probably going to be in worse trouble. Your risk of receiving serious injury is much greater when you use such tactics as biting, scratching, pounding his chest with your fists, trying to spray mace or hair spray into his eyes. You must incapacitate him.

e. Actions After a Rape:

(NOTE TO INSTRUCTOR: A rape investigation can be very traumatic to the victim. It is generally agreed by counselors and crime education professionals that detailed information on evidence gathering procedures may increase anxiety unneccessarily. The most important information for this type of presentation is that support is available and that the victim does have options regarding treatment.)

(1) If you or someone you know is raped, the first thing you should do is call the police. If you are on a military base, call base security or the military police. If not on a military base, call the civilian police. The rapist may threaten you or someone you know and try to confuse you/them. He may leave and return several times. Your/their protection and aid at this point must come from the police. You/they should not wash, douche, change, or wash or destroy any clothing worn at the time of the attack.

SHOW TRANSPARENCY #10

(2) A rape investigation is very traumatic for the victim. You may request that a woman be present during the investigation. You should tell the police every detail of the attack, however intimate the details. The rape victim should have a thorough medical examination. This is to protect the victim and to gather evidence. Generally, the victim will be asked her name, date of birth, brief medical history, and perhaps some other general questions. You will be treated for any visible injuries, if you so desire. If necessary, a complete internal examination will also be performed by a qualified physician. This is done to establish the extent of any injuries as well as to collect specimens should you decide to prosecute. When appropriate, you will be offered medication to prevent venereal disease or pregnancy. You will not be forced to take any medication to which you object. The trauma of rape is severe, and the victim will need help in coping. She should not be afraid to ask for such assistance through her unit.

(3) Several cities/installations have rape treatment medical facilities equipped to handle rape victims. It is essential that victims do not change or destroy their clothing or bathe after an attack. This destroys evidence which is vital to prosecuting rapists.

SHOW TRANSPARENCY #11

(4) It is important that "significant" others (husband, family, boyfriends) go with you to the rape treatment center or medical facility. Counselors there can give them objective professional advice so they can better help support you and be more sensitive to your coping with the trauma.

(5) All the information that applies to female victims is applicable to male victims of assault. They, too, may need medical attention and/or counseling to cope with the trauma.

III. CONCLUSION (2 minutes)

A. Retain Attention: Rape knows no boundaries. It can happen to anyone at any time.

B. Summary: We have covered the civilian definitions of rape and statutory rape (which are forced intercourse), and Articles 120 (Rape), 125 (Sodomy) and 134 (General Article) of the UCMJ. We mentioned that rape does carry the death penalty and that the victim of rape, whether committed by the sadistic or casual acquaintance type rapist, will need some sort of therapy to recover emotionally. Also we covered some of the myths and attitudes about rape, preventive measures to take (such as locking doors and windows, keeping to well-lit areas, and having your keys out when you go to your car), and measures to take when you or someone you know is a victim of rape or attempted rape. But if there are only two things you remember from this class, let it be that the victim will need help to recover and rape can be prevented.

C. Closing Statement: Rape is a violent crime and should be treated as such.

Men: Very seldom are you the victim of the actual crime, BUT it affects you in that it could happen to a relative or close friend.

Females: Don't give a rapist a chance--he doesn't plan to give you one!

TRANSPARENCIES

28

RAPE/SEXUAL ASSAULT

- A CRIME OF VIOLENCE, NOT A SEX CRIME
- MOST PSYCHOLOGICALLY DAMAGING CRIME TO VICTIMS
- ESTIMATED THAT FOR EVERY REPORTED RAPE, NINE ARE UNREPORTED

29 TRANSPARENCY #1

WHO IS THE VICTIM?

- EVERY FEMALE, REGARDLESS OF AGE, RACE, ECONOMIC STATUS, OR LIFESTYLE IS A POTENTIAL VICTIM

- VICTIMS HAVE RANGED IN AGE FROM 2 MONTHS TO 91 YEARS

- A LARGE NUMBER OF THE REPORTED VICTIMS ARE BETWEEN 13 AND 25 YEARS OLD

- ANY WOMAN ALONE FOR ANY REASON IS A VULNERABLE TARGET

30 TRANSPARENCY #2

WHO IS THE RAPIST?

- MAY BE A HUSBAND, A FATHER, A RESPECTED MEMBER OF THE COMMUNITY

- DOES NOT LIKE OR RESPECT WOMEN, SEES THEM AS INFERIOR TO MEN

- REGARDS SEX AS HUMILIATING AND DEGRADING TO WOMEN

- SADISTIC RAPISTS--USUALLY A STRANGER TO VICTIM--HATES WOMEN, WANTS TO "PUT THEM IN THEIR PLACE," WILL PROBABLY BEAT HIS VICTIM

31 TRANSPARENCY #3

MYTHS ABOUT RAPE

MYTH	FACT
ACT OF SEX	ACT OF VIOLENCE. SEX IS USED TO HURT AND HUMILIATE.
IMPULSIVE ACT BY EXCITED MALE	MOST RAPES ARE PLANNED. VICTIM IS IN WRONG PLACE AT WRONG TIME.
SEXY DRESS/CLOTHING DRIVES MAN TO ATTACK	MOST RAPISTS CAN NOT RECALL WHAT THE VICTIM LOOKED LIKE OR HOW SHE WAS DRESSED.
VICTIM MUST BE BEATEN INTO SUBMISSION TO CLAIM RAPE	FEAR AND INTIMIDATION CAN TERRIFY A WOMAN INTO BEING A VICTIM.
RAPISTS ARE STRANGERS	MOST RAPE VICTIMS KNOW THE ATTACKER AS A FRIEND, A RELATIVE, A COWORKER, OR A CASUAL ACQUAINTANCE.

TRANSPARENCY #4

WHERE DOES SEXUAL ASSAULT OCCUR?

- CAN OCCUR VIRTUALLY ANYWHERE

- MOST FREQUENTLY REPORTED IS EITHER THE HOME OF THE VICTIM OR THE ASSAILANT

- POTENTIALLY HAZARDOUS SITUATIONS:

  - REMOTE AREAS
  - VACANT LOTS
  - PUBLIC PARKS
  - ON THE STREETS
  - DESERTED BUILDINGS
  - PARKING LOTS
  - GARAGES
  - ALLEYS
  - STAIRWELLS
  - LAUNDRY ROOMS
  - SCHOOL CAMPUSES
  - MILITARY BASES
  - SHOPPING CENTERS

TRANSPARENCY #5

PREVENTION

- NEVER LET OTHERS KNOW YOU LIVE ALONE (USE ONLY INITIALS ON DOORS, MAILBOXES, TELEPHONE LISTINGS, ETC.)

- NEVER GIVE OUT PERSONAL INFORMATION OVER THE PHONE TO A STRANGER

- NEVER HIDE A KEY CLOSE TO YOUR LIVING AREA

- GROUND FLOOR APARTMENTS ARE NOT AS SECURE AS UPPER FLOORS

- ELEVATORS--USE WITH CAUTION (NEVER GET ON IF THERE IS ONLY A MAN OR GROUP OF MEN)

- LAUNDRY ROOMS CAN BE DANGEROUS

TRANSPARENCY #6

PREVENTION (CONTINUED)

IN YOUR LIVING AREA

- KEEP THE DOORS LOCKED
- HAVE LOCKS REKEYED, IF POSSIBLE
- USE A PEEPHOLE VIEWER BEFORE OPENING DOOR TO STRANGERS
- KEEP WINDOWS CLOSED AND LOCKED
- LEAVE TWO LIGHTS ON AT NIGHT, IN DIFFERENT PLACES
- KEEP YOUR SHADES DRAWN

TRANSPARENCY #7

PREVENTION (CONTINUED)

IN YOUR VEHICLE

- KEEP ALL THE DOORS LOCKED
- WHEN RETURNING, ALWAYS CHECK THE BACK BEFORE YOU GET IN
- KEEP YOUR CAR IN GOOD RUNNING ORDER
- PARK NEAR YOUR DESTINATION
- IF YOU HAVE AN EMERGENCY, RAISE THE HOOD AND/OR TIE A SCARF ON THE RADIO ANTENNA (STAY IN THE CAR, WITH THE DOORS LOCKED AND WAIT FOR POLICE)
- IF FOLLOWED, DRIVE TO NEAREST POLICE STATION
- STAY ON MAIN THOROUGHFARES, NOT DARK SIDE STREETS

TRANSPARENCY #8

IF YOU ARE A VICTIM OF RAPE/ASSAULT

- CONTROVERSY EXISTS ABOUT RESISTING, AND, IF RESISTING, WHETHER TO TALK OR TO FIGHT

- IF HE HAS A WEAPON, ALWAYS ASSUME HE WILL USE IT

- IF YOU PHYSICALLY RESIST, YOU MUST BE WILLING TO INCAPACITATE YOUR ATTACKER

- PHYSICAL RESISTANCE CAN RESULT IN EVEN MORE INJURY. YOU MUST DECIDE WHICH IS WORSE, RAPE AND/OR PHYSICAL INJURY, AND ACT ACCORDINGLY

37 TRANSPARENCY #9

AFTER AN ATTACK

- CALL THE POLICE OR BASE SECURITY AS SOON AS POSSIBLE
- DO NOT WASH, DOUCHE, OR CHANGE YOUR CLOTHING
- DO NOT WASH OR DESTROY ANY CLOTHING WORN DURING THE ATTACK
- GET MEDICAL HELP--RAPE TRAUMA IS SEVERE
- IF YOU DESIRE, YOU WILL RECEIVE MEDICATION TO PREVENT VENEREAL DISEASE AND/OR PREGNANCY

TRANSPARENCY #10

RAPE INVESTIGATIONS ARE THOROUGH

- YOU MAY REQUEST THAT ANOTHER FEMALE BE PRESENT
- YOU WILL BE ASKED TO GIVE DETAILED INFORMATION ABOUT:
  - WHAT HAPPENED, INCLUDING INTIMATE DETAILS
  - WHAT YOU WERE DOING, WHERE YOU WERE GOING
  - THE DESCRIPTION OF THE ATTACKER AND HIS ACTIONS
- YOU WILL BE GIVEN A MEDICAL EXAMINATION TO DETERMINE THE EXTENT OF INJURIES AND TO COLLECT EVIDENCE
- HELP IS AVAILABLE FOR YOU FROM:
  - BASE MEDICAL FACILITY
  - FAMILY SERVICE CENTER
  - RAPE CRISIS CENTERS
  - VICTIM ADVOCATE PROGRAMS
  - WOMEN'S GROUPS

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TRANSPARENCY #11

GLOSSARY OF CIVIL-MILITARY TERMS

40

GLOSSARY OF CIVIL-MILITARY TERMS

CIVIL TERMS

Consent: intelligent, knowing, and voluntary consent and shall not be construed to include coerced submission.

Mentally Defective: a person suffers from a mental disease or defect which renders that person temporarily or permanently incapable of appraising the nature of his or her conduct.

Mentally Incapacitated: a person is rendered temporarily incapable of appraising or controlling his or her conduct due to the influence of a narcotic, anesthetic, or intoxicating substance administered to that person without his or her consent or due to any other act committed upon that person with or without his or her consent.

Offender: person accused of a sexual offense.

"Physically Helpless": a person is unconscious, asleep or for any other reason physically unable to communicate unwillingness to an act.

Serious Personal Injury: great bodily harm or pain, permanent disability, or permanent disfigurement.

Sexual Battery: oral, anal, or vaginal penetration by or union with, the organs of another or the oral or vaginal penetration of another by any other object; however, sexual battery shall not include acts done for bona fide medical purposes.

Victim: person alleging to have been the object of the sexual offense.

MILITARY LAW TERMS - Manual for Courts-Martial United States, 1969:

Assault: an attempt or offer with unlawful force or violence to do bodily harm to another, whether or not the attempt or offer is consummated.

Battery: an unlawful, and intentional or culpably negligent, application of force to the person of another by a material agency used directly or indirectly. Example: a man who fondles against her will a woman not his wife commits a battery.

Proof of battery will support a conviction of assault, for an assault is necessarily included in a battery.

Carnal knowledge: the commission of an act of sexual intercourse under circumstances not amounting to rape, by a person with a female not his wife who has not attained the age of 16 years. (Note: it is no defense that the accused is ignorant or misinformed as to the true age of the female, or that she was of prior unchase character; it is the fact of the girl's age and not his knowledge or belief which fixes his criminal responsibility.)

Rape: the commission of an act of sexual intercourse by a person with a female, not his wife, by force and without her consent. It may be committed on a female of any age. Any penetration, however slight, is sufficient to complete the offense (Art. 120c).

Sodomy: engaging in unnatural carnal copulation, either with another person of the same or opposite sex, or with an animal.

Technical Note 1-84

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